



## Activity: Coping with a Chronic Disease

**Denial:** 

This can't be happening. This is not a big deal.

Anger/sorrow:
Why is this happening to me?

Recognition/depression:
This has happened, now what?

**Acceptance:** 

Alright, I'm ready to work with this. I'm not going to give up.

Interventions:	Interventions:	Interventions:	Interventions:
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